

## Depressive Disorders

EPP0376

### The Impact of Severe Wildfires on Mental Health: Prevalence of Major Depressive Disorder and Related Factors among Residents in Alberta and Nova Scotia, Canada.

W. Mao<sup>1\*</sup>, R. Shalaby<sup>1</sup>, B. Agyapong<sup>1</sup>, G. Obuobi-Donkor<sup>2</sup>, R. Dias<sup>2</sup> and V. I. Agyapong<sup>1,2</sup>

<sup>1</sup>Psychiatry, University of Alberta, Edmonton and <sup>2</sup>Psychiatry, Dalhousie University, Halifax, Canada

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.538

**Introduction:** Hundreds of fires have been burning from coast to coast across the country since March 2023, putting Canada on track to experience the worst wildfire season ever. From East to West, provinces such as Quebec, Ontario, Nova Scotia, Alberta, and British Columbia have been particularly affected by large and uncontrollable wildfires.

**Objectives:** This study aimed to determine the prevalence and predictors of depression symptoms among residents of Alberta and Nova Scotia during the Canadian wildfires of 2023.

**Methods:** This study conducted a cross-sectional quantitative survey for data collection. In the period between 14th May and 23rd June 2023, an online survey was administered using REDCap. Through the Text4Hope program, participants subscribe to receive supportive SMS messages daily. After the first message, participants were invited to complete an online questionnaire, containing demographic information, wildfire-related information, and responses to the Patient Health Questionnaire-9 (PHQ-9) for depression assessment. SPSS version 25 was used to analyze the data. Descriptive, univariate, and multivariate regression analyses were employed.

**Results:** A total of 298 respondents completed the online survey out of 1802 who accessed it, resulting in a response rate of 16.54%. Most of the respondents were females (85.2%, 253), below 40 years of age (28.3%, 84), employed (63.6%, 189), and in a relationship (56.4%, 167). A historical depression diagnosis (OR = 3.15; 95% CI: 1.39–7.14) was a significant predictor of moderate to severe MDD in our study. While employment status did not significantly predict MDD, unemployed individuals were two times more likely to report moderate-to-severe symptoms of MDD than employed individuals (OR = 2.46; 95% CI: 1.06–5.67). Among the total sample population, the moderate to severe MDD prevalence was 50.4%, whereas it was 56.1% among those living in wildfire-affected areas.

**Image:**

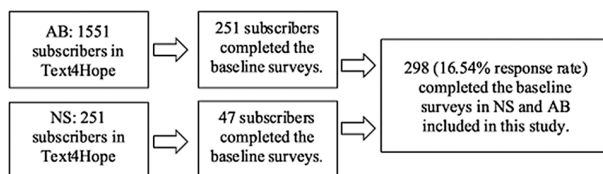


Figure 1. The Text4Hope survey flow chart.

**Image 2:**

**Table 3: Logistic regression results of study respondents to present with likely depression.**

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)		
							Lower	Upper	
Age	≥ 60y		2.148	3	.542				
	50-59y	.484	.463	1.090	1	.296	1.622	.654	
	40-49y	-.099	.504	.038	1	.845	.906	.337	
	<40y	.145	.485	.089	1	.765	1.156	.447	
Employment Status	Employed		5.664	3	.129				
	Unemployed	.899	.427	4.429	1	.035	2.457	1.064	
	Student	.461	.838	.303	1	.582	1.586	.307	
	Retired	-.358	.518	.476	1	.490	.699	.253	
Education	Post-secondary Education	-.527	.434	1.478	1	.224	.590	.252	
	Own Home		1.636	2	.441				
Housing status	Rented Accommodation	.335	.378	.789	1	.375	1.398	.667	
	Live with Family or Friends	.576	.518	1.237	1	.266	1.779	.645	
	Depression Yes	1.147	.417	7.558	1	.006	3.150	1.390	
Previous mental health diagnosis	Anxiety Yes	.060	.374	.026	1	.872	1.062	.510	
	Personality Disorder Yes	-.131	.697	.035	1	.851	.877	.224	
	ADHD Yes	1.232	.858	2.060	1	.151	3.427	.637	
	Received no mental health diagnosis. Yes	.284	.545	.271	1	.603	1.328	.456	
	Are you on any of the following medications for a mental health concern?	Antidepressants Yes	.260	.339	.587	1	.443	1.297	.667
	Antipsychotics Yes	.453	.760	.355	1	.551	1.572	.355	
Benzodiazepines Yes	.933	.722	1.667	1	.197	2.541	.617		
Mood Stabilizers Yes	.068	.640	.011	1	.916	1.070	.305		
Sleeping Tablets Yes	.292	.475	.377	1	.539	1.338	.528		
Constant	-.967	.677	2.038	1	.153	.380			

**Conclusions:** As a result of our study, the development of moderate to severe MDD symptoms during wildfire disasters was significantly associated with a history of depression diagnosis. Although employment status did not significantly predict MDD, unemployed individuals had a greater likelihood of experiencing moderate-to-severe symptoms than employed individuals. Further research is necessary to ascertain reliable predictors of mental health issues among those who have experienced disasters, as well as to offer appropriate interventions and treatment options to the communities and individuals who are most vulnerable.

**Disclosure of Interest:** None Declared

EPP0377

### Real-world effectiveness and safety of esketamine intranasal spray combined with treatment-as-usual in psychiatric inpatients

E. Kavakbasi<sup>1\*</sup>, M. Yilmaz<sup>1</sup>, Ö. Bulut<sup>1</sup>, H. Berndt<sup>1</sup> and B. T. Baune<sup>1,2,3</sup>

<sup>1</sup>Department of Psychiatry, University Hospital Münster, University of Münster, Münster, Germany; <sup>2</sup>Department of Psychiatry, Melbourne Medical School, The University of Melbourne, Melbourne and <sup>3</sup>The Florey Institute of Neuroscience and Mental Health, The University of Melbourne, Parkville, Australia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.539